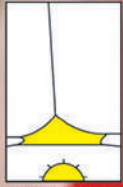


TTARP ... an Association of Responsible Persons



ISSUE #2, 2023

Permit Post  
TT POST  
Permit No. 9016


# 50Q



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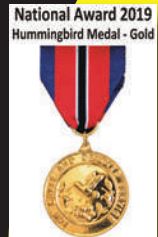
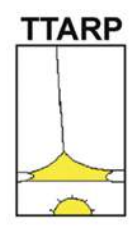
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Please call and let us know your new mailing address and phone numbers. We need to stay in touch !

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# Comments from the Board

The old saying that time waits for no man is certainly true.

In 1993, when the thought first occurred to form a group for retirees here in Trinidad and Tobago, a wide cross-section of prominent citizens sought the interest of persons age 50 and over; little did they know that time would fly so fast that today that organization (TTARP) would be celebrating its 30th anniversary.

TTARP was fashioned after the AARP, an organization established in 1954 that highlighted the need for fixed-income seniors to be able to enjoy their retirement income and lobby for senior citizens in the USA.

For fun loving Trinbagonians, Joyce Wong Sang, one of TTARP's pioneers, introduced TTARP in every community, highlighting their uniqueness and culture, thus improving the quality of their lives. Today we have eleven zones throughout Trinidad and Tobago, and TTARP's success reflects the pride, commitment, and devotion of each member, particularly the Executives in each zone who give of their time tirelessly.

The National Executives have shown their promise and commitment by the construction of TTARP's Head Office, and we feel confident and stand proud.

Keep reaching for the Stars.



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**TTARP**  
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## TTARP DIEGO MARTIN ZONE

### MOVING FORWARD

It has been way too long since we have had a cohesive Diego Martin Zonal Group, and so on July 13th 2023, Management of TTARP's Head Office led a meeting at the Diego Martin South Community Centre, to officially dissolve what was previously called the Western Pearls and to rebrand a new Diego Martin Zone.

We expect some changes to be announced in the not-too-distant future, but in the interim, a team of six volunteered to head an Events Committee responsible for planning some exceptional activities.

Thank you Volunteers! Forward ever, Backward never!



Photo (L to R) : Joanne, Shurland, Robert Morales, Erica Lezama, Mayling Younglao (Honorary Secretary), Margaret Jones, Anthony Daniel, Marlene Griffith, and Greta Frank.

## TTARP CRUZERS (Santa Cruz Zone)

by Norma L. Isaacs, Zonal Communications Officer

### CRUZERS CURACAO TRIP

Cruzers overseas trip for 2023 took members to the beautiful Dutch Island of Curacao, which coincided with Mother's Day Weekend. Members were entertained and were delighted at the experience to visit new sites and attractions.



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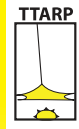
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# TTARP BENEFITS

## A. NATIONAL BENEFITS FOR PERSONS AGE 50+

TTARP negotiated /implemented for its Members a wide variety of discounts for purchases at numerous Commercial, Medical and Retail enterprises. These are being updated on an ongoing basis.

## B. NATIONAL BENEFITS FOR PERSONS AGE 60+

The following are TTARP's Recommendations to the Government of the Republic of Trinidad and Tobago (GORTT) and others on behalf of Senior Citizens which are now in effect :-

1. Fee Exemption for the renewal of a Trinidad and Tobago Passport.
2. Fee Exemption for the renewal of a Trinidad and Tobago Driver's Permit.
3. Exemption from Trinidad and Tobago Airport Departure Tax on Airline Tickets
4. Tax Exemption on premium payments for General Insurance Policies (e.g. House and Car)
5. Free PTSC Bus Pass for bus rides in Trinidad and Tobago.
6. Free rides on the Water Taxi between POS and San Fernando.
7. Fee Exemption on certain bank services (e.g. Bank Drafts and bank statements for US Visas)
8. Preferential rates on fixed deposits at Banks and certain Credit Unions.
9. Increased the range of CDAP medications for ailments common to Senior Citizens.
10. Extended Medical Care hours of services at community Centers from 7am to 4pm, to 7am to 7pm, and in certain areas from 7am to 10pm.
11. The Senior Citizen Grant has been increased to \$3,500 (max) per month dependent on a means test for other Retirement Income from NIS and Occupational Pensions which must not exceed \$5,500 per month.
12. Retiring Government employees will now receive an interim pension of three thousand dollars (\$3,000), while their work records are processed, when verified, the retired employee will receive the correct pension and a lump sum for arrears.
13. Removal of semi-annual Life Certificate for NIS Pensioners.
14. Retired Government Pensioners will no longer be required to present themselves as proof of life existence as an online link will be established with the Registrar General's office.
15. Walk-Over constructed to assist senior citizens and others travelling to and from the Tobago Ferry Port and Water Taxi service.

\* \* \* \*

August 2023

## OTHER

In context of approved GORTT National Budget 2022/2023 the following are some additional improvements which Senior Citizens (and Others) shall enjoy :-

- a) All first-time home owners will qualify for a tax-free allowance of Thirty Thousand Dollars (\$30,000).
- b) Employed persons will benefit from a personal tax deduction up to a maximum sum of \$60,000 on combined contributions to approved pension funds, annuity plans, and National Insurance.
- c) Value Added Tax (VAT) has been removed from many basic food items, such as biscuits, cooking oil, canned vegetables, canned meat and fish, cornflakes, curry, juice, sausages, ham, ketchup, pigtail, and bottled water.
- d) Electricity and Water rate rebates to be increased from 25% to 35% for bills LESS THAN Three Hundred Dollars (\$300.00).
- e) Removal of VAT and Duties on therapy equipment for treatment of vision, hearing and physical disabilities.
- f) Removal of VAT and Import duties on computer equipment which should make these important communication devices cheaper.
- g) All Citizens will have access to Free WIFI internet connections at Transport Hubs, Public Hospitals, Schools and Libraries.
- h) Increase non-taxable Annual Income allowances to \$90,000 for all citizens.
- i) All taxes (including Customs Duty, Online Purchase Tax and Value Added Tax) on individual components in CCTV systems, including cameras and DVRs, are waived with effect from January 1st 2023.
- j) There is a collaboration between the Ministry of Social Development & Family Services, iGovTT and TTConnect to allow senior citizens to submit their Life Declaration Certificate Form by calling the toll free number 800-8826 for an appointment.

\* \* \* \*

August 2023

## MEMBERSHIP DRIVE

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# Hearing Loss in the Aging Population: Do you still deny?

Hearing loss becomes more common with age, affecting millions worldwide. It is estimated that over 25% of people older than 60 suffer disabling hearing loss. The nature of hearing loss is progressive in older people. According to the World Health Organization, hearing loss is the second-largest handicap among the elderly, having a considerable impact on quality of life. Hearing sensitivity in the elderly is reduced as a result of age-related changes affecting the structure of the middle ear, damage to the sensory cells of the inner ear, or auditory nerve dysfunction. The hearing loss in the aging is also referred to as age-related hearing loss and it is usually bilateral sensorineural in nature. Sensorineural hearing loss is due to dysfunction of sound transmission from the inner ear to the brain.

**Hearing loss in older adults is thought to be influenced by a variety of factors, including medical factors such as diabetes mellitus, cardiovascular disease, and cognition; lifestyle related factors such as loud noise exposure, smoking and exposure of ototoxic substances; genetic susceptibility and microvascular changes with age.** It is reported that a genetic component may play a role, and individuals with a strong family history may be more affected than those without a family history. Vertigo, tinnitus, and vestibular dysfunction are more commonly associated with certain causes of hearing loss. It is your ears that detect subtle cues that provide you with balance as you walk. Hearing loss prevents this important signal from reaching your brain. Moreover, it may interfere with certain aspects of mental processing, such as sound processing.

Age related hearing loss usually affects higher tones and consonants, resulting in a decrease in speech comprehension and communication, especially in the presence of background noise. **The lack of communication makes social situations more challenging, resulting in social withdrawal and isolation. As a result, the brain is deprived of stimulation from social interactions, which can contribute to cognitive decline.** The Lancet Commission reported that untreated hearing loss increased a person's risk of dementia by 9%, making it the most modifiable risk factor.

Many times, the person's family or friends may notice the person's signs of hearing loss, including difficulty comprehending speech, the need to repeat sentences, listening to television or radio loudly, and decreased social interaction. Whereas, in some cases, patients may deny they have a hearing loss, either partially or completely. It is believed that the stigma surrounding hearing loss and the use of hearing aids, as well as a lack of confidence in making the necessary adaptations, contribute to denial. Additionally, hearing aids and hearing healthcare services are believed to be expensive, so some people deny their hearing loss because of financial concerns. It is therefore important to reduce the stigma and denial associated with hearing loss in aging through education and awareness.

Hearing loss caused by aging is often irreversible, so early diagnosis and management are essential for patients to improve their quality of life. It is vital for patients to have a consultation with an audiologist and learn their hearing loss as well as their interventions. A hearing loss intervention may also increase brain stimulation or enhance social interaction in addition to improving speech understanding.

**Dr Sidheshwar Pandey**  
Clinical Research Audiologist  
DRETCHI, Trinidad and Tobago Association for the Hearing Impaired 13  
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2. Be sure to:
  - a) Say "this is an official complaint".
  - b) Ask when the matter should be resolved.
3. Your provider will record your complaint and let you know when the matter should be resolved.

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1. Call 800-TATT (800-8288) Toll Free
2. Email to [info@tatt.org.tt](mailto:info@tatt.org.tt)
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4. In person at TATT's Offices in Trinidad and Tobago

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### Before You Call TATT!

Ensure you have all important documents and information relevant to your complaint available such as:

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- Account number
- Bills
- Contracts
- Email and other communication with your provider *e.g. dates on which a technician may have visited or planned to visit*
- Letters from your provider
- Details on the provider's attempts to resolve the matter.

### Please Note:

*You cannot complain to TATT at the same time you lodge your complaint with the provider. Your provider must be given the opportunity to resolve the matter within the timeframe given.*

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Barataria, Trinidad

**Tobago Office:**  
Shop #D 48  
Lowlands Mall,  
Lowlands, Tobago

# TTARP Working For You

Behind the scenes TTARP's Executive and Management are always striving towards enhancing and developing stakeholders' partnerships which can benefit the Association. Here is a glimpse of some of the new connections recently established / negotiated for members.

## FREE Mediation Services

Many persons may be experiencing some level of conflict and dispute within their family unit, professional life or otherwise, and may think the only remedy is the court. However, do you know that you can access the FREE assistance of a neutral third party known as a mediator, to take steps to have the dispute resolved amicably?

This service is available through the Community Mediation Programme, under the Ministry of Sport and Community Development which has a mandate to empower and transform the lives of citizens through the means of conflict and dispute resolution.

It is a confidential process that seeks to create a win-win situation and as far as possible preserve a cordial relationship between parties in conflict.

For info call 625-6768 (POS), 693-2342 (Warrenville), 679-3660 (Couva), 758-7816 (Penal), 638-8133 (San Juan), 667-0266 (Arima).



(L to R) – Mayling Younglao (Hon Secretary, TTARP), Bernadette John-Harewood, (Intake Officer, Community Mediation Services Division, Ministry of Sport and Community Development), Renee Williams (Manager, Community Mediation Services Division, Ministry of Sport and Community Development) and Michelle Nunes (Consultant, TTARP).

## United Airlines Partnership

TTARP recently negotiated with United Airlines a savings of 15% to ALL members for bookings made July 1st to December 31st 2023. Bookings must be made through the United Office in Port of Spain. Other Special conditions may apply. For info WhatsApp: 1-(868) 475-1611.





(L to R) – Mayling Younglao (Hon Secretary, TTARP), David Hurtado, United Airlines Ticket Office Supervisor for Trinidad & Tobago, and Michelle Nunes (Consultant, TTARP).

## Life Certificate Exercise (LCE) & Life and Residential Declaration (LRD)

### Creating A Quicker Process

The annual declaration of life for persons age 65 and over to receive the social pension grant can be a tedious process. A collaboration with the National Information and Communication Technology Company Limited (iGovTT) to enhance tconnect's facilitation of the Ministry of Social Development and Family Services (MSDFS's) has been implemented to alleviate the wait time by creating an appointment system.

For an appointment call : 800-8826  



(L to R) – Kern Williams (Manager, TTARP), Mayling Younglao (Hon Secretary, TTARP), Edson A. Eastmond (Head, tconnect, iGovTT), Darlette Williams-Cadette (Events Planning and Corporate Communications, iGovtt), Lystra Ashby (tconnect, Service Centre Manager) and Reynold Cooper (Executive Board Member, TTARP).



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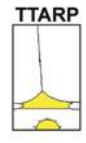
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**THE CORALS** (Tobago Zone)  
by Selby Cole, Chairman



**PARAMIN, VIEWING THE WORLD, from a different angle**

Intrepid Members of the Corals Tobago Zone set sail on the APT James bound for the agricultural district of Paramin in Trinidad with expectations of a breathtaking experience. Other members already in Trinidad joined the contingent at the Port in Port of Spain, and so began the journey in three specially equipped maxis, operated by the well-known Tour Guide, known as "Carlos".

What a whirlwind tour! Those who know Tobagonians can attest to the fact that they prefer to get home on the same day, to sleep in their own beds; and so, the usually 5 hour tour was condensed to allow sufficient time to board the return afternoon vessel.



**HONOURING OUR "ELDER ELDERS"**

Tobago Corals Zone has embarked on an initiative to recognise the "Elder Elders" among our membership. Member, Felix Cordner, age 96 years, was recently recognized at a monthly meeting which he attended with his daughter. He is active and has no serious ailments, and we felt privileged to hear about his life as a bus driver, who never left any schoolchildren stranded on the roadside.



We salute today our dear Brother, Mr. Felix Cordner.



Some of the highlights of the Day's activities were:

- The breathtaking view from the scenic lookout at the top of the Hill
- A very sumptuous lunch
- A visit to the Roman Catholic Church in the area; this Church is built on solid rock
- A visit to a cave which is also located in this multicultural district
- A short lesson in Patois from Carlos, the Tour Guide



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# Throw Back on the Seas

The trend of partying on the seas cannot exclude TTarpees.

Following boarding the Elite party boat at the The Anchorage Beach Club, some dressed in throwback outfits from the '70s, '80s and '90s, the sailing was a smooth one. A best dressed male and best dressed female were selected and prizes given.

The day was extremely humid, but the music had most persons on their feet. Others elected to simply hold on to a chair with fear that someone else may grab at it. Coolers were filled with beverages of choice and shareable edibles such as pelau, sandwiches and souse.

Upon returning, the group hung out at Rock Back at the Bay (next to Anchorage) and enjoyed a bake and shark.

Lessons learnt are that the next cruise will be late afternoon ( to avoid the heat) and there will be a three (3) hour dance-off with less sitting and more movement.

Exercise is good to keep us young in body and in heart.



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By Michelle Nunes  
Editor

# CELEBRATING 30

## “Together We Are Stronger”



Her Excellency Christine Carla Kangaloo, O.R.T.T was elected the Seventh President of the Republic of Trinidad and Tobago and assumed office on March 20, 2023, Just two months later Her Excellency graciously accepted the role as the Patron of TTARP.



**“As our democracy and our society mature, there is an increasing demand for our leaders to become more and more accessible. The Office of President is no exception”.** A commitment spoken by Her Excellency at the inaugural address.

It is indeed an honor to have the Head of State, holder of the highest office in the country, to accede to such a significant role at TTARP. As a strong advocate for the advancement of the youth, Her Excellency has also recognized the value of women in the said inaugural address: **“I read somewhere recently that when you make room for the women to thrive, the entire household benefits.”**

Her Excellency’s Patronage will strengthen the value of older persons in our society and endorse TTARP’s mission to seek the best interest of its members towards four (4) main objectives: -

- To enhance the quality of life of mature citizens,
- To promote their independence, dignity and purpose,
- To lead in determining their role in society,
- To improve the image of the golden years.

With pride and honor, the Executive, Management and Staff feel privileged and inspired to have Her Excellency acknowledge and support their cause, having vowed to the nation **“... if there is one thing of which you can be sure, it is that as your President, I will fight to the end to make the Office work better for all of us. The means by which I propose to achieve these goals, and to do all of these things, is simple – relentless advocacy. I will devote all of my energy to advocating for better conditions, for better arrangements, for better**

**platforms, and for better opportunities for all.”**

As a thirty-year old organization, there were many challenges with equal successes over the decades. It is said that change is inevitable and progress can only be made with vision and support. Turning thirty is a pearl milestone and one can say that the jubilation started with a move to the impressive new Head Office building in Belmont.

**The festivity will continue with an Expo themed “Together We Are Stronger” which is an opportunity for Corporate Partners and Stakeholders to meet with enthused Members celebrating mutual growth and achievements over the past three decades. It will be held at the Centre of Excellence in Macoya on Friday 15th and Saturday 16th September 2023, and all members are invited to explore “The World of TTARP”.**

TTARP’s President, Peter Pena and the Executive Board have vigilantly steered the Association - safeguarding image, improving service and maximizing resources. Relentless and benevolent, the Board has accomplished great recognition and in 2019, TTARP was awarded the Humming Bird Medal Gold for National Service. A great feat and a forever proud momentous occasion.

The Honorary Secretary, the vibrant Mayling Younglao and the diligent Honorary Treasurer, Francis Raymond have contributed years of service and take pride along with the other valued Board Members of all accomplishments.

Peter Pena’s leadership and vision has resulted in much accolades, he once notably stated **“We face a future with both enormous opportunity and untold challenges. In order to serve people better we will continue to be a strong, powerful and effective advocate; a thought leader; an innovator and influencer; and a voice for multi-cultural and vulnerable Trinbagonians.”**

TTARP’s eleven Zonal Groups are responsible for community growth, visibility and activity within their



*TTARP Executive Board Members – (LtoR) – Peter Nock, Neville Navarro, Patricia Crossley, Francis Raymond, Peter Pena, Mayling Younglao, Emerita Sambrano-Churche, Selby Cole and Reynold Cooper. (Missing – Geoffrey Lewis).*

communities. Without a doubt, the work and the dedication from the Zonal Heads is immeasurable and one cannot fathom the Association without this group of exceptional and innovative leaders. There are many persons who have given selflessly over the years, and while it is impossible to name all of them, special mention will be made of Board Member Neville Navarro who was considered the glue that held the San Fernando Zonal Group together. Neville also held several positions within the San Fernando Zone over the years.

The Office Staff of TTARP has shown their commitment to the purpose, with their long-standing years of service - Kern Williams, Denise Leacock-Williams, Kaneisha John-Baptiste Glenn and Candice Shade-Cooke. The service of Office volunteers – Louis Quamina and Debra Antoine-Browne brings together a small, solid and efficient team.

For the past twelve years, national outreach programmes to spread the benefits of having a TTARP membership have been operated by a dependable and competent group of members, called Promoters/ Ambassadors. This year some of the pioneer promoters relinquished their posts (Genevieve Holder and Jean John), however a handful from the inception date continue to persevere, and so special mention must be made of Nadurun Ali, Merle Henry, Patricia Hutchins, Alphias Fraser, Jacqueline Phillips and Judy Felix Reid.

**Many persons would have played a significant part in TTARP’s History and whilst we wish we can name every one, that will be impossible for this article. However, one thing learnt in the past Thirty Years is that “Together We are Stronger”.**



*Promoters – Loyal TTARP Ambassadors/Promoters.*

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# Regaining Independence and Comfort: The Value of Shoulder Replacement Surgery for Advanced Shoulder Arthritis in Retired Individuals



shoulder arthritis may find their independence slipping away, as they struggle to perform once-simple tasks and engage in hobbies they once enjoyed.



By Godfrey Araujo

## Non-Surgical Interventions and Their Limitations

Before considering shoulder replacement surgery, conservative treatments like physical therapy, pain medications, and corticosteroid injections are typically attempted. While these interventions can provide temporary relief, they may not address the underlying issue effectively in advanced cases of shoulder arthritis. For retired individuals seeking long-term solutions and a return to an active lifestyle, shoulder replacement surgery can offer a transformative option.

## Shoulder Replacement Surgery: The Path to Recovery

Shoulder replacement surgery, also known as shoulder arthroplasty, involves removing the damaged parts of the shoulder joint and replacing them with artificial components. The procedure can be performed in two ways: total shoulder replacement, where both the ball and socket of the joint are replaced, or partial shoulder replacement, where only the ball is replaced. The decision depends on the extent of arthritis and the individual's overall health.

## Benefits of Shoulder Replacement Surgery for Retired Individuals

**Pain Relief:** Shoulder replacement surgery can significantly reduce or eliminate chronic pain caused by arthritis, allowing retirees to experience a new level of comfort and well-being in their daily lives.

**Improved Mobility:** By replacing the damaged joint, shoulder arthroplasty can restore a retiree's range of motion, enabling them to perform essential activities independently and with greater ease.

**Enhanced Quality of Life:** With reduced pain and increased mobility, retirees can rekindle their passions, participate in social activities, and spend more quality time with family and friends.

**Independence Regained:** Regaining functional abilities empowers retired individuals to maintain their independence, making them less reliant on others for day-to-day tasks.

**Mental and Emotional Well-being:** Chronic pain and limited mobility can take a toll on mental health. Shoulder replacement surgery can alleviate this burden, promoting emotional well-being and overall happiness.

**Long-Term Results:** While every surgical procedure carries risks, shoulder replacement surgery boasts a high success rate, providing long-lasting benefits for retired individuals seeking enduring solutions to their arthritis-related challenges.

## Appropriateness and Considerations

While shoulder replacement surgery offers numerous benefits, it's essential for retired individuals to consult with an orthopaedic surgeon to determine the appropriateness of the procedure based on their specific medical history

and overall health. Factors such as age, bone density, and pre-existing health conditions need to be considered before proceeding with the surgery.

Post-operative recovery is a crucial aspect to discuss with the surgeon. Retired individuals must be committed to following the rehabilitation process diligently, as it plays a pivotal role in achieving optimal outcomes. Physical therapy and gradual strengthening exercises are essential components of the recovery journey.

## Conclusion

Shoulder replacement surgery has revolutionized the lives of countless individuals suffering from advanced shoulder arthritis. For retired individuals, it can mark the beginning of a new chapter filled with pain-free movement, regained independence, and a heightened appreciation for life's precious moments. While the decision to undergo surgery should be made in consultation with medical professionals, the potential benefits of shoulder replacement surgery offer a promising path to embracing a fulfilling and active retirement. We at Fracture and Orthopaedic Clinic have been performing this type of surgery successfully for years and are ready to diagnose and discuss your condition with you.

## Introduction

Retirement marks a significant milestone in one's life—a time to embrace leisure, cherish family moments, and explore passions. However, it's not uncommon for some retired individuals to face the challenge of arthritis, particularly in their shoulders, which can hinder their ability to enjoy these golden years fully. Fortunately, advances in medical technology offer a viable solution for those struggling with advanced shoulder arthritis – shoulder replacement surgery. In this article, we'll explore the value and appropriateness of this procedure for retired individuals, as it can help them regain independence, improve quality of life, and savor the joys of their well-deserved retirement.

## Understanding Advanced Shoulder Arthritis

Shoulder arthritis occurs when the cartilage that cushions the joint begins to wear away, leading to inflammation, stiffness, and pain. As arthritis advances, the shoulder joint's range of motion decreases, making daily activities, such as dressing, cooking, or even hugging loved ones, increasingly challenging. Retired individuals with advanced

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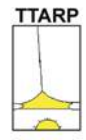
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## EASTERN ANGELS (Arima Zone)

by Esther Knights - Public Relations Officer



Over the past few months, the Eastern Angels Arima Zone (EAAZ) was extremely active, engaging members in activities of educational, social and mental support. The Arts and Craft, Social Services, Events, Education and Tours committees were all involved.

Attorneys-at law, Mr. Forrester and Ms. Joseph from the Legal Aid and Authority Office facilitated a presentation on Will Preparation and other Legal matters. Members

were educated on how to prepare a Will, what is required to probate a Will, the purpose and importance of Letters of Administration. Additionally, the members were afforded the opportunity to pose questions and receive clear responses from the facilitators. The ramifications of someone dying intestate were emphasised and the audience was encouraged to consider making a Will to avoid any complications or ambiguity with regards to the distribution of their estate upon their demise. The session was very interactive and informative.

A jovial Mother's/Father's Day event featured performances by the ever popular EAAZ Choir and other individuals, with a modelling segment, door prizes, prizes for best dressed mom and dad and then the party started.



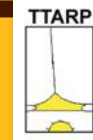
The Sanderson Heritage Park in Fyzabad was the venue selected for members to enjoy a day of socializing, as we ate, drank played card and board games and dancing.

Under the tutorship of Victoria Williams, the Arts and Craft Committee conducted Fabric Design programmes of painting freehand and stenciling, printing using balloons and tie dye using bleach, fold and tie. Member participants in the programme were enthused and a graduation is carded for August 25th.

July signaled the start of our 21st Anniversary celebrations with Sylvia Shallowe of the Education Committee presenting an oral and visual account of EAAZ inception, growth, and accomplishments. A comprehensive account was narrated by Kenwyn Scott, a former Chairman of the Zone.

A karaoke fun afternoon with Mary Belcon, Mistress of Ceremony, introducing each participant with much gusto encouraged loud applause for each fearless participant.

The EAAZ continues to function as a family bringing cheer and satisfaction to its members in their golden years.



## PEMBROKE CULTURAL STARS (Tobago Zone)

by Carmen Charles, Secretary.

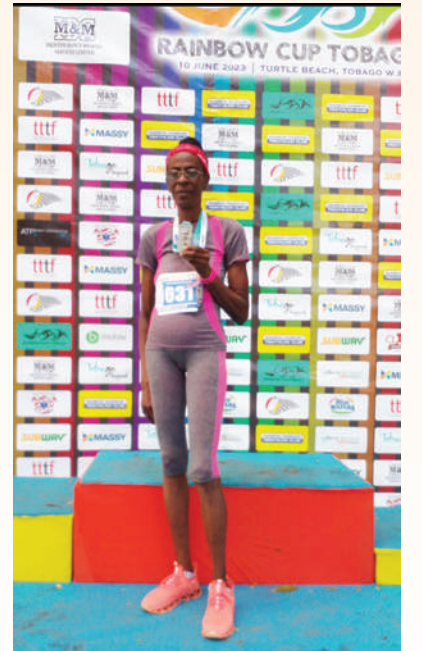
We congratulate the new executive who was elected at the Annual General Meeting held in May. We are convinced they will put the Cultural Stars on the TTARP map and wish them every success in all their endeavours.

Our zonal members got together for an Easter Bonnet Parade, visits to members shut-in, and a weekend visit to Trinidad which included a visit to the Caroni Bird Sanctuary. Unfortunately, many birds were not seen since it is nesting season.



Our building, donated by the Tobago House of Assembly, was Blessed in a Service officiated by Rev. Shaquille Charles of the Anglican Church and Pastor Bernard of the L'Anse Fourmi Revival Church.

We feel proud of our Barbara Mc Kenna-Duke, a marathon runner, who participated in the Eastern Credit Union and Rainbow Cup Races. She came 3rd and 2nd respectively in her age group. Keep on running Barbara !!



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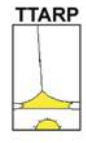
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## ROYALS (Princes Town / Rio Claro Zone)

### A ROYAL VISIT

by Goolazees Chan - Trustee

We usually don't need an occasion to be merry, but decided why not rejoice with the Mothers and Fathers celebrating in style at the Trinidad Hilton Hotel in May 2023. Within a couple of hours of advertising, we were sold out with others pleading for space to be onboard the maxis arranged. We accommodated sixty (60) members for this grand occasion.



Royals outside the Hilton

On our journey we stopped at the popular Lady Young Lookout for a photo-shoot before arriving at the Hilton's Restaurant "Herbs & Spices". After a fabulous luncheon, and heartfelt thanks to the organizers, the ROYALS were serenaded to sentimental, nostalgic oldies hit songs by Analisa Matas- Major, daughter of our member Merle Matas.

With full bellies and great camaraderie, we made our way to TTARP's brand-new Head Office Building in Belmont, where we were greeted with confectionery and smiles and ushered to the conference room where Management welcomed the group and fielded lots of questions and took note of suggestions. Always prepared, the coolers came out and special toasts and tributes were made right there in the back parking lot.

Congrats to TTARP Head Office on their new building !



Royals members visiting Head Office

## EMANCIPATE YOURSELVES

by AnnMarie Paul-Roberts, Secretary



Cross Section of Members Attending

A beautifully decorated St. Stephen Anglican Parish Hall provided the perfect setting for an Emancipation gathering with its walls and windows draped in African-styled fabric and painted Carat tree leaves. Painted decorative bottles

with carved calabash bowls were placed as centre pieces for the tables.

A remarkable valance made of coconut tree branches was designed, produced and installed by our member Carol Sylvester of New Grant with an amazing arch which we dubbed the "African Arch with Powers for Relationships and Fertility".

Members dressed in the splendor of ethnic African wear sang and danced to African Drumming by Damion Bujan.

The menu reflected the theme and included Coo-Coo, Callaloo, Ground provisions, Breadfruit oil down, together with some traditional African snacks that included - Bene Cake, Toolum and Coconut sugar cake. Local drinks of Mauby, Sorrel, Guava and Carambola (five fingers) complimented the meal. It was awesome.



AnnMarie Paul-Roberts Under the Arch



Lisa Atwater delivering Emancipation lecture

# Are you Losing Too Much Hair?

Looking down at your shower drain and seeing large clumps of hair is a sobering experience, as is finding an unusual amount in your hair brush. Hair loss can range from mild hair thinning to total baldness, occurring in both men and women.

Apart from its negative psychological effects, it has been found to affect the quality of life in many, leading to low self esteem and lack of self confidence. To approach this issue, we must first determine the underlying causes for the loss type and pattern. This can be done by a hair loss specialist or dermatologist who has studied and managed all types of causes for hair loss.

At your consultation, a detailed medical history is required in addition to selected blood panel and trichoscopy (magnified view of scalp and hair follicles). The specialist would perform numerous clinical tests to best determine the underlying cause. Based on this, there may be many options for you to combat and even reverse areas of hair loss.

### SOME COMMON CAUSES OF HAIR LOSS ARE :-

• **Hereditary pattern baldness, or androgenetic alopecia.** Most common in men, hair loss may follow the typical male pattern balding (receding front hairline and/or thinning hair at the top of the head). It can begin at any time in a man's life, even during his teen years. Many women will develop some degree of female-pattern baldness in which, thinning occurs over

the entire top or crown of the scalp, usually sparing the front of the scalp.

• **Telogen effluvium** — This common form of hair loss happens two to three months after a major body stress, such as a prolonged illness, major surgery or serious infection. It also can happen after a sudden change in hormone levels, especially in women after childbirth. Moderate amounts of hair fall out from all parts of the scalp, and may be noticed on a pillow, in the tub or on a hairbrush. While hair on some parts of the scalp may appear thinner, it is rare to see large bald spots.

• **Drug side effects** — Hair loss can be a side effect of certain medications, including lithium, beta-blockers, warfarin, heparin, amphetamines and levodopa (Atamet, Larodopa, Sinemet). In addition, many medications used in cancer chemotherapy — such as doxorubicin (Adriamycin) — commonly cause sudden hair loss affecting the entire head.

• **Symptom of a medical illness** — Hair loss can be one of the symptoms of a medical illness, such as systemic lupus erythematosus (lupus), syphilis, a thyroid disorder (such as hypothyroidism or hyperthyroidism), a sex-hormone imbalance or a serious nutritional problem, especially a deficiency of protein, iron, zinc or biotin. These deficiencies are most common in people on restrictive diets and women who have very heavy menstrual flow.

• **Alopecia areata** — This is an autoimmune disease that causes hair to fall out in one or more small patches. The cause of this condition is unknown, although it is more common in people who have other autoimmune diseases. When the same process causes total loss of hair from the scalp it is known as alopecia totalis.

Though not all hair loss types are reversible, it is important to recognize the underlying cause as it may be a clue to a deeper illness. Some treatment options that are available would depend on the type of loss.

### AVAILABLE OPTIONS HERE IN TRINIDAD AND TOBAGO INCLUDE:-

**TOPICAL Minoxidil/ Finasteride solution** - applied directly to thinning areas, these two ingredients have been clinically proven to combat and reverse hair loss in patients with androgenic alopecia.

**PRP therapy** is a series of injections of platelet-rich plasma taken from your own blood. Platelets are cell fragments that are essential to blood clotting. Platelet-rich plasma contains proteins called growth factors that stimulate the growth of tissue. It's been proven that these growth factors, when injected in the scalp, are what trigger new hair growth. Regenera Activa (or 'Regenera') is the latest method of hair stimulation using the body's own stem cells, growth factors and progenitor (stem) cells to trigger tissue regeneration which can offer



a remarkable effect on hair growth. A collection of 1 to 3 micro-grafts are taken from a healthy source at the back of your scalp. This sample will be made of a number of follicles and tissue fat, where stem cells are found. The samples are put in to a special device where the stem cells, growth factors and progenitor cells are extracted. The extraction fluid is then injected into the areas requiring treatment in a mesotherapy technique.

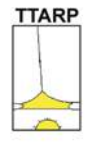
**Hair Transplant (FUE)** is a procedure that utilizes the latest hair restoration surgery to achieve a permanent, natural-looking solution to hair loss. Healthy hair follicles are individually removed from a donor area of your scalp (usually to the back and sides of head) and transplanted to a thinning area. Best of all, the donor area will heal in a few days, and there will be no linear scars or stitches.

A consultation is mandatory before embarking on any of the aforementioned treatment options.

Let's get growing!



Submitted by Hair Restoration Centre of Trinidad and Tobago  
Tel : 275-4247



## CENTRAL PRIDE (Central Zone)

by Marilyn Duncan-Butler, Public Relations Officer.

Central Pride celebrated its 20th Anniversary on the 24th March 2023, a milestone that could not go unnoticed. A number of activities were executed to commemorate the occasion which included a Health Walk and interviews by the Express Newspaper and Fire Radio 101.7 FM with our representatives Faith Calliste, Florence Smith-Skinner, Yvonne Knights and Lynette Drakes- Brown.

The Grand Finale was the formal celebratory function, where we honoured long standing members who served the Zone. A special award was given to Janet Rawlins for her significant contribution.

Other special events held was the Annual Hat extravaganza and Fashion event, which was an evening of sheer elegance and fashion. A visit to the "La Vegie Look-out" in the small historic village of Paramin, was found to be a truly magnificent tourist location, with breath-taking scenic view.

The Annual Mothers'/Fathers' Day luncheon, at Woodford Café, was splendid with first class entertainment by our talented members. Our next adventure was at the exotic "Fish Fry" restaurant in Chaguaramas. Sea food in all its glory, had members yearning for more, as they enjoyed the cool oceanic view.

On the 16th June 2023, we conducted our Annual General Meeting, where we filled the vacant positions of Public Relations Officer, Assistant Secretary, Trustee and Committee Member. The outgoing Public Relations Officer, Yvonne Knights was thanked for her exemplary and dedicated service.

We were extremely active during the past few months, even touring the Wild Fowl Trust in Pointe a Pierre, which members found to be fascinating and informative.



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# YES, AS AN ADULT YOU NEED VACCINATION, TOO!



## Did you know?

When we age, there is a decline in our immune system and we may lose the ability to respond to infections, this is a normal process with aging.<sup>1</sup>



Adapted from (2)

Healthy habits such as diet, exercise and no smoking can boost our immune system and can slow down the decline, so we can stay in good health. Vaccination is a key component of this pyramid.<sup>1,2</sup>



The number of deaths in adults due to vaccine-preventable diseases in the USA is **350-times** higher than in children.<sup>2</sup>

## Vaccination is not just for kids:

As an adult you need to get vaccinated because:

**Vaccination can save your life:** vaccination can prevent deadly diseases.<sup>3</sup> The protective effect of some vaccines can fade over time and additional boosters can be needed.<sup>3</sup>



**Vaccination protects you and your loved ones:** when you get vaccinated, you avoid spreading preventable diseases, protecting people around you, including your loved ones.<sup>3</sup>



**Vaccination can prevent some illnesses that lead to serious complications.**<sup>3</sup>



Because vaccine-preventable diseases can affect anyone.<sup>4</sup>



**Because you might require them:** for traveling for example.<sup>3</sup>

Remember, vaccination should be seen as a continuous activity aimed to maintain a better health, through positive impact in the resilience of the immune system.<sup>2</sup>

**Yes! As an adult you need vaccination too!**



**Ask your doctor about your vaccination status.**

References: 1. Villar-Álvarez F, de la Rosa-Carrillo D, Fariñas-Guerrero F, Jiménez-Ruiz CA. Immunosenescence, Immune Fitness and Vaccination Schedule in the Adult Respiratory Patient. Open Respiratory Archives. 2022 July-September;4(3):100181. 2. Laupèze B, Del Giudice G, Doherty MT, Van der Most R. Vaccination as a preventative measure contributing to immune fitness. NPJ Vaccines. 2021 Jul 27;6(1):93. 3. Centers for Disease Control and Prevention (2022) Vaccine information for adults. Available at: <https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html#printPage> last reviewed: September 12, 2022. 4. National Foundation for Infectious Diseases (2022). 10 reasons to get vaccinated. available at: <https://www.nfid.org/immunization/why-get-vaccinated/10-reasons-to-get-vaccinated/> Consulted: July 28 2023

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NP-TT-ABX-ADVR-230001. Approval date: September 2023. Expiration date: September 2025.

# Beware of Electrical Hazards

## What is electrical safety?

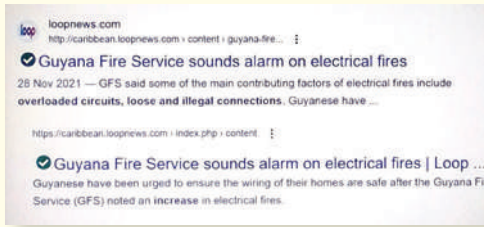
Electrical safety refers to the various safeguards or preventative methods taken to protect all forms of life against electric current.

## Why is electrical safety important?

It is important because electricity has enough power to cause severe damage such as death, amputations, skin burns, as well as property loss.

## Who are most affected?

Electrical fires affect persons of all ages, with worldwide data, including the Caribbean region, showing alarming figures. Electricity suppliers and Fire Services continuously warn populations about certain hazards, however many times we will hear of a family made homeless or of death.



## What are three main causes of domestic electrical hazards?

### 1. Overloading / illegal connections

Circuits are designed to handle specific amounts of electricity, many times they are overloaded with heavy appliances without upgrading, example - air- conditioning units, clothes dryers, water pumps. Some people attempt to rearrange breakers in panels which can create loose connections. Many illegal dwellings attempt to “steal electricity” from external poles, which has become normal practice.

### 2. Personal habits

Personal habits we practice are major causes of disasters.

- Shower heaters are known as “suicide showers” in Latin America, Asia and Africa. It is safe to use, but many people think installation is a simple Do it Yourself (DIY) Project. The majority of times they mix up the wires or install the electrical connections close to the plumbing which create a short circuit.
- Power strips are for computers and light electronics. not high-capacity appliances like refrigerators, washing machines, or microwave ovens.



- Extension cords are for temporary use , they are easy to damage.

**PROTECT FLEXIBLE CORDS**

- ⚡ Extension cords, power cords, and power strips all have flexible cords. They can be damaged creating shock and fire hazards.
- ⚡ Inspect all cords prior to use. Do not use if insulation is damaged, stretched, or shrunken.
- ⚡ Extension Cords are for temporary use only. Never cover them with carpet or pass them through walls or over ceiling tiles.

Charging cell phones overnight in bed is not recommended, bed sheets are combustible. Heating appliances like curling irons, clothes irons must not be left on beds, unplug and leave on a hard nonflammable surface.

### 3. Lack of knowledge

Purchasing appliances may seem simple, however always read the service manuals, and ask questions.

- Water pumps, refrigerators, washing machines, shower heaters, and clothes dryers, all operate at different voltages, amps, and need independent outlets direct from the panel.
- Water heaters are chosen by the number of plumbing fixtures, AND by the different electrical amperage ratings to operate. For example, a house with three baths and 30 amps breaker installed in the panel, cannot operate a 50 amp heater, that is a potential fire hazard.

## What are some causes of domestic hazards with senior citizens?

### Memory Loss / Hearing Loss

The older we get, the more we forget. As our loved ones grow older, they tend to be at high risk with malfunctioning appliances.

- Timers in old toasters ovens sometimes stick, stop ticking, and the appliance overheats. They may smell the burning but think the food is still cooking and ignore until it is too late.
- Electric kettles. They forget to fill with water, and the element burns.
- Overheating water pumps. Some people leave taps on, especially overnight, and forget to switch off the appliance. Hearing loss may prevent them from realizing that the appliance did not cut off, and this can cause switches and circuit boards to burn.

by Angus J Fullerton - Electrical / Plumbing Safety Consultant  
Tel (868) 283 – 7790

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## Art, Wine and Music

**Oronde Lumumba**

Some say he is a comedian, while others know him as a retired corporate manager, but he is an artist. His passion started at a tender age growing up in the hills of Laventille. Although they did not have much, he frequently found joy sitting in a corner with pencil and paper drawing houses and trees.

His love for art expanded into interior decorating, mas' production, and woodwork. Although his career was not in the creative field, his love for art never left his heart, and so in retirement he has returned to his God given talent .

His days are spent painting at home, getting inspiration from the environment, television, and Pinterest. Many believe it is too late to start a career/hobby but it is not. Oronde is a retiree who has dived into the world of art after having a corporate career, and this he says is "only the beginning of this journey."

His first art show entitled "Art, Wine and Music" will be on Sept 30th at the Bishop Anstey High School East at 4pm to 10pm. For details, contact Oronde @ 319-1550.

# Recipe



## Lentil Bolognese

PREPPING TIME: 15 MIN

COOKING TIME: 1HR 15 MIN

This easy to cook meal is ideal for any vegan. A single serving of lentils meets 32% of the fiber you need each day. It can lower cholesterol and protect against diabetes and colon cancer. A daily dose of fiber pushes waste through your digestive system and prevents constipation, too. The potassium, folate, and iron in lentils also provide lots of benefits. Eating more lentils may help people maintain a healthy weight or lose weight. Research suggests that regularly eating lentils may also help with the management and prevention of diabetes.

### INGREDIENTS

- 3 tbsp olive oil
- 2 onions, finely chopped
- 3 carrots, finely chopped
- 3 celery sticks, finely chopped
- 3 garlic cloves, crushed
- 500g bag dried red lentils
- 2 x 400g cans chopped tomatoes
- 2 tbsp tomato purée
- 2 tsp each dried oregano and thyme
- 3 bay leaves
- 1L vegetable stock
- 500g spaghetti
- Parmesan or vegetarian cheese, grated, to serve

### DIRECTIONS

#### STEP 1

Heat the oil in a large saucepan and add the onions, carrots, celery and garlic. Cook gently for 15-20 mins until everything is softened. Stir in the lentils, chopped tomatoes, tomato purée, herbs and stock. Bring to a simmer, then cook for 40-50 mins until the lentils are tender and saucy – splash in water if you need. Season.

#### STEP 2

If eating straight away, keep on a low heat while you cook the spaghetti, following pack instructions. Drain well, divide between pasta bowls or plates, spoon sauce over the top and grate over some cheese. Alternatively, cool the sauce and chill for up to 3 days. Or freeze for up to 3 months. Simply defrost portions overnight at room temperature, then reheat gently to serve.

## Beautiful Curacao

Florence Smith-Skinner - TTARP Traveller

**Head Office made two trips to Curacao in the months of May and June with a small group of forty persons on each trip.**

It was hot and sunny as we hurriedly made our way to the airport, within hours we were at the Hato International Airport in Curacao boarding the chartered bus. As we traversed, all eyes were intriguingly admiring the colors and architecture of local buildings.

With bated breath and excitement in our hearts we eagerly awaited the first glimpse of our destination - 'Sunscape Resort, Spa & Casino.'

Our adventure had begun. Before us was a spacious compound with numerous exciting activities such as a Casino, Volleyball courts, Aqua fun, Auctions, Video Games, Rifle shooting, BINGO games, Mini Carnival,



Several Pools, Spa, Bungee Jumping, Rock climbing, and a calm blue beach. Not to mention, it was all Drinks inclusive.

Each day was a different experience, at night there was always entertainment, or you can sit quietly and listen to the sea. When the DJ played Soca music, we chipped to the beat with other tourists from Holland, Canada, Texas, Spain and other countries.

All good things must come to an end and on the fifth day we gathered our belongings to return to reality.

## Ball by Ball Action in Curacao

by Toyline Deane - TTARP member

### Day 1 – June 16th

Decked off in our teal colored TTARP Polo shirt we touched down in Curacao. Sunscape Resort has a variety of restaurant options – a main dining room; the Grill, the Italian restaurant and the Japanese restaurant- They offered buffets, alcoholic drinks and friendly staff. There was also an ice cream corner serving interesting flavours.

### DAY 2 – June 17th

Some headed to the cold but rejuvenating beach, others headed to the city to explore the Mall and Market. At night, a colorful Mini Carnival, played Trini music.

### DAY 3. – June 18th

Members sent Father's Day greetings and photos to those at home. Dinner at the Japanese HIBACHI Restaurant was delicious and engaging, with the Chef cooking before our eyes, he mesmerized us with his dexterity with the cooking utensils. Saxophonist Braveboy provided entertainment in the Courtyard bringing energy like a cardio workout.

### Day 4 - June 19th

Feeling very blessed, we waddled to the beach to enjoy warm sand, calm sea and to make new friends. Dinner at the Italian restaurant was warm and cozy with a wooden homey feel.



The evening ended with 'free style' entertainment of all genres of music.

### Day 5 – June 20th

Time swiftly came to pack our suitcases, clear off our Accounts and leave Paradise. We lingered like children not 'ready to go home'. After our buffet breakfast, we still enjoyed a buffet lunch and made a last trip to the ice cream parlour.





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# Laughter

A smile - is a sign of joy  
A hug - is a sign of love  
A laugh - is a sign of happiness  
And a friend like me??  
Shit...that's just a sign of good taste!!



I was in my room and I saw a group of 10 ants just running frantically. I felt bad, so I made a small house out of a cardboard box.



This technically makes me their landlord and they are my... TenANTS.



WHAT DID THE BIG FLOWER SAY TO THE SMALL FLOWER?

what's up, bud?



What did the pasta say to the tomato?  
I love it when you get saucy.

Handle every stressful situation like a dog...

If You Can't Eat It OR Play With It.

Then Just Pee On It And Walk Away!



My mind says I'm in my twenties.  
My body says "Yeah You Wish!"



# Events Programme

## HEAD OFFICE

167-169, Belmont Circular Road, Belmont, Port of Spain  
Contact Number: 497-2687 / 221-7771

Sept 15th & 16th TTARP 30th Anniversary Expo – Centre of Excellence, Macoya  
TBA TTARP Backyard Bar-B-Que @ & Party  
Nov BINGO  
Dec 3rd Christmas Brunch

## ARIMA "Eastern ANGELS"

Meeting Place: Arima Tennis Club – Railway Road, Arima

Contact Person: Peter NOCK (Chairperson) 718-9571; 310-5929 / Carol BAIN (Secretary) 754-0077

Meeting Date and Time: Every Friday (except Public Holidays) from 1:00 pm – 6:00 pm

Aug 18th Micro Green Presentation  
Aug 25th Graduation – Art & Craft  
Aug 30th Commemorate Independence - Dress in National Colours  
Sept 1st Monthly Meeting  
Sept 11th – 15th Outing to Tobago  
Sept 22nd Prison Ban Concert – Commemorate Republic Day  
Sept 29th SEA Awards Function  
Oct 6th Monthly Meeting  
Oct 13th Movie  
Oct 18th Outing to La Vega Estate Couva – Nature Park & Pool  
Oct 20th Nutrition & Diet  
Oct 27th Historical Comedy  
Nov 3rd Monthly Meeting  
Nov 15th Paramin Look Out - Picnic  
Nov 17th Simple guidelines in plumbing  
Dec 1st Monthly Meeting  
Dec 5th Children's Christmas Party  
Dec 8th Christmas Luncheon  
Dec 15th Importance of exercise and how to manage Pain

## BELMONT "B'S"

Meeting Place: No Venue at the moment

Contact Person: Jemma CARRINGTON (Chairperson) 385-8951 / Linda RICHARDSON (Secretary) 626-0009

Meeting Date and Time: 4th Tuesday of each month @ 5:00 pm.

Aug 8th -12th Overseas Travel  
Aug 22nd General Meeting/Independence Celebrations  
Aug 24th Visit to Cunaripo Green Pastures Estate  
Sept 5th Executive Committee Meeting  
Sept 20th Visit to Paramin  
Sept 24th Fun Day  
Sept 26th General Meeting  
Oct 3rd Executive Committee Meeting  
Oct 24th General Meeting  
Oct 28th B's going to Africa  
Nov 7th Executive Committee Meeting  
Nov 15th Mall Hopping  
Nov 25th Senior Citizens Day of Love & Care  
Nov 28th General Meeting  
Dec 5th Annual Get-together/Christmas Luncheon  
Dec 9th Children's Christmas Party  
Dec TBA Parang Lime

## CHAGUANAS "Central Pride"

Meeting Place: Chaguanas Community Centre – Main Road, Chaguanas

Contact Person: Faith CALLISTE (Chairperson) 386-8623; 481-3762 / Portia De Silva Ifill 786-4084

Meeting Date and Time: 2nd Thursday of each month @10:00 am.

Aug 18th Bar-B-Que Fundraiser  
Sept 6th Visit to the Coconut Oil Factory (Icacos)  
Sept 15 - 24 International Cruise  
Sept 21st Interactive Meeting  
Oct 5th Back In Times Fete (Fundraiser)  
Nov 16th Interactive Meeting

Nov 16th Craft Market (Fundraiser)  
Dec 7th Annual Christmas Luncheon

## PRINCES TOWN/RIO CLARO "Royals"

Meeting Place: - Princes Town Senior Activity Centre, Cor. High Street Lothian Junction, Princes Town, St. Stephens Anglican Church Parish Hall.

Contact Person: Ronnie, ROBERTS (Chairperson) 375-5112 or Annmarie, PAUL-ROBERTS (Secretary) 322-6723 / 754-5361

Meeting Date and Time: 3rd Saturday of each month @ 2:00 p.m.

Aug 19 Independence Celebration  
Birthday Celebrations – May – August 2023  
Aug 31 Attend Military Parade at Queens Park Savannah / Macquerie Beach Raffle, Bingo, All Fours Competition (Single Table)  
25th September Road trip to South Western Peninsula  
Short stops at Tourist Sites going via Penal, Siparia, Palo Seco, Erin, Chatam, Cedros, - Sea Bath – Return via Point Fortin, La Brea – Drive along New Highway.  
25th Nov Royals Christmas Luncheon @ Radisson Hotel  
16th Dec Royals Christmas Concert

## SANTA CRUZ "CRUZERS"

Meeting Place: - Mary Immaculate Queen of the Universe (MIQU) R.C. Church Hall, Sun Valley Road, Lower Santa Cruz

Contact Person: Yvette CUPIDORE-WRIGHT (Chairperson) 386-7350 or Chairman MAULE (Secretary) 784-6934

Meeting Date and Time: 4th Friday of each month @ 5:00 p.m.

Aug 23rd Outing to Paramin  
Sept 22nd Birthday Celebration  
Oct 13th -16th Visit to Tobago – Blue Food Festival  
Nov 27th Visit to Erin Farms  
Dec 6th Christmas Dinner/Birthday Celebration

## TOBAGO "CORALS"

Meeting Place: Happy Haven – Signal Hill Main Road, Signal Hill, Tobago  
Contact Person: Selby COLE (Chairperson) 390-0142 or Rawle ANDERSON (Secretary) 374-8677

Meeting Date and Time: 2nd Saturday of each month @ 3:00 pm.

Sept 11th – 15th Welcome Arima Zone to Tobago  
Sept 25th Get Together  
Oct 13th -16th Welcome Santa Cruz Zone to Tobago  
Nov 13th Curry Cue Fundraiser  
Dec 10th Monthly Meeting – Lecture/ Presentation

## TOBAGO "Pembroke cultural stars"

Meeting Place: Pembroke Community Centre – Todd Street

Contact Person: Leccia ROSS (Chairperson) 780-3761/391-2228 or Carmen CHARLES (Secretary) 759-4244

Meeting Date and Time: 2nd Monday of each month @ 4:00 pm.

Aug 24th Activity Evening  
Sept 10th General Meeting  
Sept 13th Executive Meeting  
Sept 20th Fundraiser - Soup Sale  
Sept 25th Activity Evening/Birthday Celebration  
Oct 9th General Meeting  
TBA Visit to L'anse Fourmi Revival Church  
TBA Celebration of Senior Citizen Day  
TBA Visit to World Food Day Exhibition  
Oct 23rd Activity Evening - Lecture  
Nov 13th General Meeting  
Nov 22nd Executive Meeting  
Nov 26th Variety Concert  
Dec 11th General Meeting  
TBA Executive Meeting  
TBA Christmas Dinner  
TBA Birthday Celebration & Hamper Distribution



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